

Mason Recreation Cookbook

Your guide to delicious, healthy recipes.

These recipes are some of our own team members favorite go to healthy recipes, we encourage everyone and anyone to try them out!

Broccoli Salad

Ingredients:

6 cups fresh broccoli, washed and cut into bite-sized pieces
¼ c chopped onion (red if you like zippy onions, Vidalia if you don't)
2 cups red grapes, halved lengthwise
¼ cup golden raisins (okay to leave out)
6 strips bacon that have been cooked until crisp and crumbled
½ cup nuts of your choice. Slivered almonds, sesame seeds, or pumpkin seeds are good.

Dressing

2 T mayonnaise
2 T oil of your choice
2 T regular or apple cider vinegar
1 T sugar, or to taste

Add broccoli, onion, raisins and grapes to a large bowl. Mix dressing ingredients together thoroughly, pour over other ingredients and toss lightly. Add crumbled bacon and nuts just before serving so they don't get soggy.

Chinese Chicken Salad

Ingredients:

Dressing:

- ½ cup sugar (definitely not healthy, but I assume you can sub some amount of honey or some other healthier sweetener to similar effect)
- 2 tsp salt
- 2 tsp freshly cracked pepper
- ¾ cup neutral flavored oil
- ¼ cup sesame oil
- ¼ cup plus 2 tbsp rice wine vinegar

Salad:

- Iceberg or Romaine lettuce
- Chicken breast
- Toasted sliced almonds

- Chopped cilantro
- Sliced green onions
- Vermicelli noodles (<https://www.finecooking.com/ingredient/rice-vermicelli-noodles>)
 - Might not have these at a regular grocery store – you could instead sub the canned crispy chow mien noodles for crunch
- Cooking oil for frying

Steps:

1. Combine dressing ingredients in a bowl or dressing container. Whisk or shake to combine and refrigerate.
2. Season chicken breast with salt and pepper – grill, bake, or pan fry to cook. Cut into slices.
3. Tear lettuce slice green onions, and chop cilantro. Place in a large salad bowl.
4. Toast almonds and add to salad bowl.
5. Fry vermicelli noodles in a small amount of oil until puffed and crispy. Add to salad bowl.
6. Add chicken to salad bowl. Dress and toss the salad before serving.

Don't really have quantities for the salad ingredients because I just eyeball it, but with salads I feel like to just add how much stuff you want!

Chipotle Corn Salsa

Ingredients:

8 ounces of fresh corn (cooked and removed from cobs)
 or 8 ounces of frozen corn, thawed
 2 T finely diced red onion
 1 jalapeno pepper, seeded and finely diced
 1 poblano pepper, roasted, seeded and diced
 2 T chopped cilantro
 1 small lime, juiced
 1 tsp sugar
 Kosher salt and pepper to taste

Steps:

Mix all together and enjoy. **Watch your input of chips and the salt you add, or it won't be healthy anymore.

Fish Amok

Ingredients:

Curry Paste:

- 3 cloves garlic, finely chopped
- 1 large shallot bulb, finely chopped
- 3 stalks lemongrass, ends trimmed, inner stalk only, finely chopped
(you can also use lemongrass paste which is often easier to find- I use about 2 tablespoons worth)
- ½ inch piece galangal (also known as Thai ginger), peeled and finely chopped
 - For a different, but still delicious taste, use 2 inches of fat ginger peeled and grated
- 2 kaffir lime leaves, finely chopped
- 1 teaspoon turmeric powder
- ½ teaspoon curry powder
- 1 teaspoon light brown sugar, packed
- 1 teaspoon salt
- 2 teaspoons chili paste – like Sambal Oelek,. Sriracha is a more readily available substitute

Fish Amok:

- 1 tablespoon vegetable oil
- ½ teaspoon shrimp paste (optional) – substitute anchovy pastes if you can't find shrimp paste
- 1 can coconut milk, well shaken
- 1 tablespoon white sugar
- 1 teaspoon salt
- ¾ pound firm, mild white fish – like halibut, or cod, skin removed (I typically use 3 tilapia fillets which are cheaper and more environmentally sound)
- 1 cup fresh spinach leaves, cut into ½-inch thick ribbons
- 2 large carrots
- ½ yellow onion
- 1 egg
- 1-2 tablespoons fish sauce
- Julienned red bell pepper
- Kaffir lime leaf ribbons – thinly sliced kaffir lime leaves
- 1 cup long grained white rice of your choice.

Steps:

Curry Paste:

- Make this curry paste with a mortar and pestle or use a food processor. The mortar and pestle will give the curry a deeper flavor.
Place the first 5 ingredients in a mortar and pestle and pound to a paste. Alternatively, place first 5 ingredients in a food processor and process until a smooth paste form. Add the remaining ingredients and pound or process until all spices are well incorporated.

Fish Amok:

- Prepare the rice according to package directions.
- Chop carrots into rounds. Dice the onion. Thinly slice the fish into ½-inch thick bite size pieces and set aside; this is not necessary if using thin tilapia fillets. Heat the oil in a saucepan over medium-high heat. Add the curry paste and cook for 1 minute. Add the (optional) shrimp paste, coconut milk, sugar and salt, whisking to combine. Turn the heat to medium and add the carrots and onion, simmering for 3-5 minutes. Add the fish and spinach leaves, gently folding the fish into the curry sauce with a wooden spoon or rubber spatula. Let the amok simmer for 3 to 4 minutes, or until the fish is just cooked through. Turn the heat off.
In a small bowl, whisk the egg with the fish sauce and 2 tablespoons of the curry sauce from the pan. Pour the egg mixture into the saucepan and gently fold it into the curry.
- Serve the amok in a bowl over rice with a spoonful of coconut cream (the thick cream that rises to the top of the remaining coconut milk), a few julienned red pepper pieces and a sprinkling of kaffir lime leaf ribbons.
- **Chef's notes:** This is a traditional Cambodian fish curry. Traditionally it's steamed in banana leaves but cooking it in a pan gains similar flavor. This is often served over long grain white rice but can be eaten without it. I usually simply mix the curry paste and other sauce ingredients from the beginning and simmer on the stove with the veggies for about 5 minutes, then add the fish. I don't usually use the shrimp paste or egg. This can also be made with chicken, called amok moan. This amount would use

Grilled Crab Legs

Prep- 10 minutes

Cook- 6 minutes

Ready In- 16 minutes

Ingredients:

- 1/2 cup olive oil
- 1/2 cup butter
- 1/2 cup minced garlic
- 4 pounds Snow Crab clusters, thawed if necessary

Steps:

1. Preheat an outdoor grill for high heat. When hot, lightly oil grate.
2. Whisk together the olive oil, butter, and garlic; generously brush onto crab.
3. Cook crab on preheated grill, turning once, until the shell begins to brown, about 6 minutes.

Grilled Pork Tenderloin Marinated in Spicy Soy Sauce

Ingredients:

- ¼ cup reduced-sodium soy sauce
- 2 tbsp sugar
- 1 large clove garlic, peeled and finely grated or minced
- 1 tbsp finely grated fresh ginger
- 1 fresh red Thai chili or cayenne chili pepper, stemmed, seeded, and minced
- 1 tbsp toasted sesame oil
- 1 ½ pounds pork tenderloin, trimmed and cut into 1-inch-thick medallions

Steps:

1. Whisk soy sauce and sugar in a medium bowl until the sugar is completely dissolved. Stir in garlic, chile, and oil.
2. Place pork in a sealable plastic bag. Add the marinade and seal the bag, squeezing air out. Turn the bag to coat the medallions. Refrigerate for 2 hours, turning the bag once to redistribute the marinade.
3. Preheat grill to medium. Remove the pork from the marinade. (Discard marinade.) Grill the medallions until just cooked through, 3-5 minutes per side.

Naughty Caprese Frittata

Prep- 10 minutes

Cook- 25 Minutes

Ready In- 35 minutes

Ingredients:

- 1 Roma tomato
- 2 slices turkey bacon
- 2 eggs
- 4 egg whites
- 3 tbsp 2% Greek yogurt
- Onion powder
- Garlic powder
- 4 tbsp chopped basil
- Pinch of sea salt and black pepper each
- 1 tbsp balsamic

Steps:

1. Preheat the oven to 400°F
2. Slice the tomato thinly horizontally, then place the slices on a paper towel to drain off some of the moisture
3. Spray a cast-iron skillet (or oven-safe skillet) with olive oil. Set it over medium heat.
4. Add the bacon slices and cook until crispy, about 3 minutes on each side. Place the bacon on a paper towel and allow it to cool. Chop the bacon into small pieces.
5. In a medium bowl, beat together the eggs, egg whites, yogurt, onion powder, and garlic powder. Fold in about half of the chopped basil and add the salt and pepper.
6. Spray the cast-iron skillet with olive oil, then pour in the egg mixture. Add the tomato slices on top, then sprinkle with mozzarella cheese and a little more than half of the bacon bits.
7. Bake in the oven until the egg is fully cooked, about 25 minutes. Fresh out of the oven, drizzle with a little balsamic glaze, then garnish with the remaining basil, the remaining bacon bits, and cracked black pepper.

Peanut Butter Spinach & Banana smoothie

Ingredients:

- 2 ripe bananas
- 2 cups baby spinach, washed
- 2 tbsp peanut butter
- ¼ cup almond milk
- ½ cup water
- 2 scoops vanilla protein powder (optional, for extra protein)
- Ice

Steps:

Put all ingredients in a blender, mix, and enjoy!

Preston County Raised Buckwheat Cakes

Ingredients

Prep:

- ¼ oz dry yeast or 1 cake of Fleishman's fresh yeast
- 1 teaspoon salt
- 1-quart lukewarm water
- 3 cups buckwheat flour (Bob's Redmill is available most places but expensive, you may have better luck at a health food store, or go to West Virginia and buy a large bag for cheap. It's a nice day trip.)

When ready to bake:

- ½ teaspoon baking soda
- ½ teaspoon baking powder (optional)
- 1 teaspoon salt
- 2 teaspoons sugar
- 1 cup hot water (or half milk and water)

Steps:

Prep:

In a large bowl mix the yeast and 1 tsp salt and lukewarm water. Let stand for 5-10 minutes in a warm spot. Stir in 3 cups of buckwheat flour. Cover with a cloth and let stand for several hours (ideally overnight).

When ready to cook the buckwheat cakes, dissolve the baking soda, baking powder, and sugar into the cup of hot water and stir into the batter. The batter will be thin. Cook on a medium/high heat greased pan/griddle. Use a long thin metal turner to lift edges and check, flip when bubbles are consistently breaking on the top and bottom is golden brown. This recipe makes 1-2 dozen 7-8" cakes. Serve with butter and maple syrup.

Save at least a cup of batter as started for your next batch. It will keep in the refrigerator for about a week. To renew from the saved batter, add 1-pint lukewarm water, ½ teaspoon salt and enough buckwheat flour to make a stiff batter. Cover and let stand overnight.

Chef's notes: This is the traditional way of cooking buckwheat cakes from Preston County, West Virginia. "Buckwheat feeds" are still a frequent community event in this part of West Virginia

and Preston County has a 4-day Buckwheat Festival every September. These make thin, almost crepe-like cakes. Traditionally, these would be cooked in cast iron greased with pig fat on a fork and served with patty style pork breakfast sausage. If made without milk and using vegetable grease this recipe is vegan (discounting the yeast). Buckwheat is gluten free and is not actually related to wheat, it's a pseudo grain that is often considered a super food. While allowing the batter to sit overnight and reusing old starter really develops the sour nature of the buckwheat cake, it's fine to make and cook the batter all at once without letting it sit; this creates a more neutral flavor.

Quinoa Black Bean Bowl

Ingredients:

- 1 ripe avocado
- 1 cup cooked quinoa
- ½ can rinsed black beans
- ½ cheddar cheese (or any you prefer)
- ¼ cup tomatoes, diced
- ¼ cup corn
- ¼ cup green onions
- 1 tbsp sour cream, optional
- ½ beefless ground (for a vegetarian protein choice) or ½ cup beef

Steps:

Once everything is cut and cooked, mix together, and enjoy!

Roasted Rosemary Garlic Sweet potatoes

Ingredients

- 2 Medium sweet potatoes or yams cut into 1in squares
- 1 Tsp Minced Garlic (optional)
- 1 Tbs Dried Rosemary
- 1 Tsp Garlic Powder
- 1/4 Tsp Paprika
- 1 Tsp Salt
- 2 Tbs Olive Oil

Steps

1. Pre heat oven to 400°
2. In a small bowl or cup, combine all spices. Place sweet potatoes in a medium/ large bowl, cover with spices and mix thoroughly.
3. Drizzle with olive oil and toss to combine.
4. Place potatoes on a baking sheet in one layer.
5. Roast in oven for 40 minutes, be sure to turn after 20 minutes for even baking. For most crispy potatoes, roast and additional ten min or more.

Shrimp Veracruzana

Ingredients:

- 2 tsp canola oil
- 1 bay leaf
- 1 medium onion, halved and thinly sliced
- 2 jalapeno peppers, seeded and very thinly sliced, or to taste
- 4 cloves garlic, minced
- 1 pound peeled and deveined raw shrimp (16-20 per pound)
- 3 medium tomatoes, diced
- ¼ cup thinly sliced pitted green olives
- 1 lime, cut into 4 wedges

Steps:

Heat oil in a large nonstick skillet over medium heat. Add bay leaf and cook for 1 minute. Add onion, jalapenos and garlic and cook, stirring, until softened, about 3 minutes. Stir in shrimp, cover and cook until pink and just cooked through, 3 to 4 minutes. Stir in tomatoes and olives and bring to a simmer, uncovered. Reduce heat to medium-low, cover and cook until the tomatoes are almost broken down, 2-3 minutes more. Remove the bay leaf. Serve with lime wedges.

Spinach Salad

Ingredients:

- 1 10-ounce bag spinach
- 2 ounces feta cheese, crumbled (I like the honey feta from Aldi)

- ½ cup dried cranberries or 1 cup sliced fresh strawberries
- ¼ c slivered almonds
- light vinaigrette dressing of your choice, if desired

Steps:

Mix together and enjoy!

Stir-Fried Tofu with Pickled Ginger

Ingredients:

- 14-ounce package firm tofu, rinsed
- 2 tbsp Shao Hsing rice wine or dry sherry
- 1 tbsp soy sauce
- 1 ½ tsp plus 1 tbsp peanut or olive oil
- 2 tsp minced ginger
- ½ cup ¼-inch diced carrots
- 2 tbsp chopped pickled ginger
- 1/3 cup chopped scallions
- ¼ tsp salt
- 1/8 tsp ground white pepper

Steps:

1. Cut tofu roughly into 1-inch cubes. Pat the tofu dry with paper towels. In a small bowl, combine the rice wine and soy sauce.
2. Heat a 14-inch flat-bottomed wok or 12-inch skillet over high heat until a bead of water vaporized within 1-2 seconds of contact. Swirl in 1 ½ tsp of the oil, add the tofu, and spread it evenly in the wok. Cook distributed 1 minute, letting the tofu begin to brown. Then, using a metal spatula stir fry 1 minute or until the tofu is a little brown but is not cooked through. Transfer the tofu to a plate.
3. Swirl in the remaining 1 tbsp oil, add the fresh ginger and carrots, and stir-fry 30 seconds or until well combined. Add the pickled ginger, scallions, and tofu and stir-fry 30 seconds or until well combined. Swirl the sauce mixture into the wok, sprinkle on the salt and pepper, and stir-dry 1 to 2 minutes or until the carrots are crisp-tender.

